

# Get to Know Whole Health at the Atlanta VA

1. Check-out the Virtual Whole Health Introduction and learn about 8 areas of your life that are key to your health and well-being. Reflect on what is important to you and begin the process of setting health goals that reflect what really matters to you!
2. Attend additional virtual Whole Health classes and gain skills that will assist you in improving all aspects of your physical and mental health and relationships.
3. Work with a Whole Health Coach who will provide coaching as you pursue your health and wellness goals.

## Current Classes - *All Virtual!*

Introduction to Whole Health	Tai Chi	Building Healthy Relationships
Taking Charge of My Life and Health	Yoga	Adaptations to Increase Physical Activity
Writing to Heal	Cooking for Wellness	Getting to know Herbs & Supplements
Mindful Meditation	Food as Medicine	Stress Reduction Basics
HeartMath- Resilience Training	Health Promotion through Physical Activity	

## Call Today to Get Started

**678.938.8786**  
**404.321.6111, Ext. 413159**

**VA**



U.S. Department of Veterans Affairs  
Atlanta VA Health Care System

Whole  
Health  
for Life 



# Whole Health Class Description

*- Currently all Classes are Virtual -*

## Whole Health Introduction

This one time, 2-hour class will introduce you to the basic principles of Whole Health and 8 areas of your life that are most important as you work to improve your health and well-being. This class also begins the important process of self-reflection about what matters to you.

*Both Co-Ed and Women's Only classes available.*

## Chair & Mat Yoga

*Weekly offering*

Yoga is movement combined with breathing and helps make connection with our physical bodies, regulate the nervous system, and practice attention management. Yoga is traditionally practiced on a mat on the floor, but this class is adapted for chair practice.

*Both Co-Ed and Women's Only classes available.*

## Basics of Stress Reduction

*2-hour class*

This class that introduces participants to essential components of stress reduction skills and helps Veterans to assess their skills in this area and how to utilize self-care in their lives.

## Developing Healthy Relationships

*4-week class*

Veterans explore what is important to them about their relationships and what aspects of relationships are most meaningful. They will explore ways to maintain trust and good communication.

## Adaptations

Want to be more physically active but concerned about limitations or the possibility of injury or increased pain? If so- then this class is for you. Work with an Occupational Therapist to learn how to safely incorporate physical activity into your daily routine.

## Taking Charge of My Life and Health

This 4-week class is the follow up to Whole Health Introduction. Participants will discuss what changes you may want to make to maximize your health and well-being and explore further the question- "what matters most to you?"

*Both Co-Ed and Women's Only classes available.*

## Mindfulness Meditation

*7-week class*

Class begins with a 1-hour introduction session after which you can sign-up for the 7-week Mindfulness Meditation class.

Mindfulness is the practice of bringing your attention to the present moment with openness and non-judgement. Mindful Meditation can help reduce insomnia, stress, chronic pain and depression.

## Tai Chi

*Weekly*

Tai Chi is a mindful moving meditation that incorporates regulating the breath, adjusting the posture, and helping your "Qi" flow. Rooted in ancient Asian traditions, Qi is your vital energy. When your Qi freely flows, you are balanced and healthy.

## Writing to Heal

*Meets once/week for 6 weeks*

In this series you will examine the healing power of reflective writing. During each class we will explore; a different aspect of the connection between writing and healing, read and discuss a short piece of writing, and practice various types of expressive writing.

## Cooking for Wellness

*Occurs monthly*

This class focuses on the basics of healthy cooking with tips and strategies to improve your overall health and nutrition. You will learn to prepare simple delicious recipes.

## Food as Medicine

*Two, 1-hour class*

Your Food is Your medicine! Learn the basics of Nutrition including how much fiber and water you need, the basics of gut health, anti-inflammatory meal planning, as well as macronutrient, vitamin and minerals needs.

## Heart Math/Resilience

HeartMath is a stress management system that will empower you to self-regulate emotions, reduce stress and increase resilience. Participants learn biofeedback techniques and receive a biofeedback device.

## Health Promotion through Physical Activity

A nine-course series covering various topics as it relates to improving one's health by increasing physical activity levels. This course is designed to educate and empower Veterans to adopt a more active role in improving their quality of life.

- Introduction to musculoskeletal health & wellness
- Components of health and wellness
- Psychology of physical activity
- Influence of physical activity on cholesterol & diabetes
- Influence of physical activity on chronic stress & hypertension
- Low back pain and wellness
- Orthopedic joint replacements and physical activity
- Chronic pain and physical activity
- Designing your own exercise program

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